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Is Your Food Safe?

"You are what you eat" is an old proverb. Food safety is a basic requirement of food quality. It implies absence or acceptable and safe levels of contaminants, adulterants, naturally occurring toxins or any other substance that may make food negatively impact our health on an acute or chronic basis.

Check your Food Safety IQ:

1. The following is NOT a food safety step:
   (a) clean (b) separate (c) taste-test (d) cook (e) chill
2. Chicken is "done" when its internal temperature is:
   (a) 160°F (b) 175°F (c) 180°F (d) hotter than pavement in the summer
3. Raw meat, poultry, and seafood should be separated from other foods: ☐ **True** ***or*** ☐ **False**
4. Refrigerate or freeze leftovers or perishables within:
   (a) 30 min. (b) 2 hrs. (c) 45 min. (d) a commercial break

How well did you score? Check out the answers, posted on the door of the CMEL Health Awareness Office or visit the following websites: www.homefoodsafety.org and www.foodsafety.gov

September: National Sickle Cell Awareness Month.

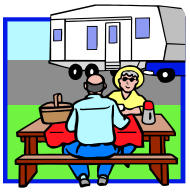
People with sickle cell disease have an inherited blood disorder, in which their red blood cells contain mostly hemoglobin S, an abnormal type of hemoglobin. Sometimes these red blood cells become sickle-shaped (crescent shaped) and have difficulty passing through small blood vessels.

When sickle-shaped cells block small blood vessels, less blood can reach that part of the body. Tissue that does not receive a normal blood flow eventually becomes damaged. This is what causes the complications of sickle cell disease. There is currently no universal cure for sickle cell disease.

Those at greatest risk are: descendents from people who are or were natives of Africa, parts of India and the Mediterranean. The sickle cell gene also occurs in people from South and Central America, the Caribbean, and the Middle East. The high incidence of the sickle cell gene in these regions of the world is due to the sickle cell's ability to make red blood cells resistant to the malaria parasite.

Visit the SCDAA website at www.sicklecelldisease.org for more details.

Aging Healthfully



Improvements in medicine, public health, science, and technology have enabled today's older Americans to live longer and healthier lives than previous generations.

The science of aging indicates that chronic disease and disability are *not* inevitable. Many Americans fail to make the connection between undertaking healthy behaviors today and the impact of these choices later on in life.

Studies indicate that healthy eating, physical activity, mental stimulation, active social engagement, moderate use of alcohol, maintaining a safe environment, social support, regular health care, and living "smoke free" are important in maintaining health and independence.

In addition to our own well-being, *promoting* the healthy lifestyles of our elders is vital in helping them to lead healthy and independent lives.

Additional information can be found at: www.aoa.gov and www.healthyaging.net

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